

Suomen Joogaopisto Yoga Sutra 11-14 April 2019 Teachers: Karina, Hanna and Ritva

Thursday

18.00	Dinner
19.30-20.15	Introduction of course and participants
20.15-21.00	Practice

Friday

7.30-9.00	Practice
9.00	Breakfast
10.00-11.15	Theory + chanting
11.15	Tea brake
11.30-12.15	Theory
12.15-13.00	Practice
13.00-15.30	Lunch
15.30-16.45	Theory + chanting
16.45	Tea brake
17.00-18.00	Practice
18.00	Dinner
19.30	Practice

Saturday

7.30-9.00	Practice
9.00	Breakfast
10.00-11.15	Theory + chanting
11.15	Tea brake
11.30-12.15	Theory
12.15-13.00	Practice
13.00-15.00	Lunch
15.00-16.00	Workshop
16.00	Discussion + Tea
16.30-17.15	Theory
17.15-18.00	Practice
18.00	Dinner
19.30	Sauna

Sunday

7.30-9.00	Practice
9.00	Breakfast
10.00-11.00	Theory + chanting
11.00	Tea brake
11.15-12.00	Practice
12.00	Lunch